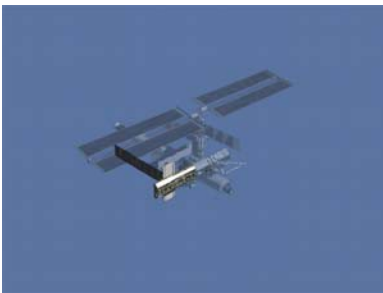


Thursday, Aug. 29, 2002

## Next Station element ready for Atlantis, mission STS-112



## Easy diet changes make a big difference



### ▲ Mission Update:

The first starboard truss segment, the S1 Truss (highlighted at left), was moved into the payload canister Tuesday in order to transport it to Atlantis' payload bay for mis-

sion STS-112. The S1 will be attached to the Central truss segment, the S0 Truss, on the mission.

▲ **Nutrition Tip:** You might be surprised by how many fat grams and calories are in your favorite fast food, but easy changes can make a difference. Cut mayo and cheese from burgers to drop 8 fat grams and 100 calories, and order grilled chicken over breaded for a big caloric difference. Look for a restaurant's light or low-fat offerings. Many offer nutritional outlines and labels by the registers. Planning ahead makes these changes easier!

◆ **NASA Science News** -- Astronauts onboard the International Space Station are preparing to study strange fluids that might one day flow in the veins of robots and help buildings resist earthquakes. For the full story, go to

[http://science.nasa.gov/headlines/y2002/23aug\\_MRfluids.htm](http://science.nasa.gov/headlines/y2002/23aug_MRfluids.htm).

◆ **Save Energy-Buy Energy Star** -- Each year, the Federal government spends an estimated \$10-\$20 billion to purchase energy-related products. These products are then used and result in more than \$7 billion in annual energy bills paid by the



government. FEMP's Federal Procurement Challenge program is designed to help agencies to select energy-efficient products for their buildings and facilities. There are three major reasons for the initiative:

- **Save Money**
- **Reduce Pollution**
- **Provide Market Leadership**

For a list of Energy Star Products, Energy Cost Comparison Calculators and Federal policies on energy-efficient purchasing, check out the web site at <http://www.eren.doe.gov/femp/procurement/>

### ◆ Do You Know What To Do When a Hurricane Watch is issued for your area?

- Listen to directions from local emergency management officials.
- Ensure you hurricane survival kit is current.
- Make sure your window protection covers are ready. Install those that are most difficult to put up now.
- Fill your automobile gas tank with fuel.
- Obtain cash since credit card and ATM computers may not work for some time.
- Continually monitor the progress of the storm on local media outlets.

### During the Hurricane:

- Stay indoors away from windows and doors.
- If debris starts striking the house, seek refuge in a large room or in an interior bathroom or closet, or under a stairwell. Take your emergency kit with you.
- Stay indoors until announcements on the radio indicate the hurricane has clearly passed. Also, don't go out when winds die down as the eye passes, as winds will soon return, on the back end of the hurri

KSC Countdown is published every Tuesday & Thursday.

Deadlines: 10 a.m. Mondays & Wednesdays. Send information, comments or questions to:

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